

A man with dark hair and a beard, wearing a dark green tank top, is performing a barbell shoulder press in a gym. He is holding a barbell across his shoulders with both hands, and his arms are extended upwards. The background shows gym equipment, including a rack and weights. The lighting is dramatic, highlighting his muscles.

Upper Body Workout:

*Build Your Arms,
Shoulders and Back*

Upper Body Beautiful

L Darling-Hammond



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